10 Food



Food helps our body to grow. We should eat healthy food and avoid junk food.

See the pictures along with name and write 'H' for healthy food and 'J' for junk food :

1 
Juices ☐

2 
Dal ☐

3 
Cake ☐

4 
Milk Products ☐

5 
Burger ☐

6 
Chapati ☐

7 
Noodles ☐

8 
Soup ☐

9 
Fruits ☐

10 
Pizza ☐

11 
Vegetables ☐

12 
Cold Drink ☐

Milk is known as complete food.

LIVEWORKSHEETS